THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

VOLUME // 37
ISSUE // 2

DECEMBER 2019

Mental Health and Christian Counselling at Redeemer

Esther Foth on Anxiety, Depression, and What Counselling Offers

DAVID ROWLANDSON
SENIOR REPORTER

Anxiety and depression can strike deep as cold weather, less sunlight, and long exam hours creep in. Esther Foth, a Registered Psychotherapist (Qualifying), sat down to discuss symptoms of anxiety and depression, how counselling helps, and what a Christian worldview means for her field.

How do students even begin identifying mental illness?

"If anxiety is inhibiting their ability to do relatively normal life – whether that's in social interactions, sleep, eating, all of that – then that's a red flag," says Foth. She works with the Christian Counselling Centre (CCC) and visits campus once a week to provide counselling sessions.

Depression has different symptoms than anxiety but the same rule applies: is it affecting your ability to carry out normal life? Symptoms can include "overwhelming sadness, hopelessness, a loss of energy...interference with eating and sleeping, and a loss of interest in things that would normally be enjoyable for that person," she says.

Zack Robinson is a fourth year double major in English Writing and Biblical and Theological Studies. He speaks to his experience with depression.

"I realized I needed help when some close friends talked to me about counselling services," says Robinson. "I think that was the biggest step, realizing that regardless of how small I thought my problems were, they still needed attending to".

Robinson is also grateful for the relationship he shares with his counsellor.

"My relationship with my counsellor has been incredible. She helped me get to the point where I am. Even now I still see her once a month because it's important to have that safe place where you can talk about anything that you need to".

"You'll never regret seeking help," encourages Robinson. "Even if at first it's hard, you'll always [find people] who are there for you."

Foth is careful to clarify the symptoms depression can take: "Everyone's sad sometimes, because that's normal life, but when it's getting to a point where they can't get out of that sadness, or they can't even find joy in the things they normally would, then I would say that's something important to pay attention to".

Anxiety can be characterized by racing and disorganized thoughts, an inability to focus, and physical symptoms like racing heartbeat, shortness of breath, or feeling on edge and irritable. There are ways to help cope with the symptoms in the moment, such as deep breathing, but at a certain point a person will need outside help.

"I think there are things we can do on our own, but again, when it's come to a level where it's interfering with normal life and that's been going on for [a long time]... reach out for help, because it's not only the intensity but the duration that I think is important to pay attention to". As an example, Foth says that midterms are a common time for stress, but if the anxiety persists after the stressor is removed then it's worth looking into.

When asked how students can identify anxiety or depression, Foth says, "I feel like that's a tricky question to answer because my recommendation is not to say, 'If you're noticing these [symptoms] then you for sure have anxiety or depression'. [My] approach is that if you think you might be depressed or anxious, go see a counsellor, and they'll help walk you through that in terms of identifying if that's really what's going on".

Foth says the counselling field was initially set up to support people's wellbeing and maintain wellness, so even if students believe it may be a minor issue they're dealing with, she agrees it can still be worth having a counsellor to support you through it.

"[Students] don't have to be at a 10 of distress before they reach out for a little bit of help," says Foth. "There's really no problem or issue that's too small, and there's really no problem or issue that's too big to share".

Redeemer offers the first four counselling sessions free of charge.

Counselling sessions involve teamwork between the counsellor and client to clarify the underlying issues, consider what growth might look like, and formulate steps that move towards that goal for growth. Students can move at their own pace and share these hopes and challenges as they feel comfortable.

Counselling is important for any human being because "[it] creates a space for people to be heard and known in the context of relationship, and I think because as humans we're created for relationship. That's the power of it, more than the goals and techniques".

Our need for relationship carries the idea that we are "whole people". Foth identifies five areas to our being: biological, psychological, emotional, social, and spiritual.

"There is a spiritual piece because we are spiritual beings," says Foth, who places spirituality at the center, connected to the other four parts. The spiritual nature of our being relates to our mental health.

"Now, my approach is not, '[If] someone is struggling with depression then it must be a spiritual issue'. No, it's not just have more faith, right? But, there is interplay between the two: if someone is depressed [they can often feel] distant from God as well".

Foth finds that her Christian worldview provides perspective for her work.

"So much of the brokenness we see around us, in my opinion, makes sense in light of a Christian worldview," says Foth.

"I think where it can be helpful for, say, a Christian to see a Christian counsellor is that we can more openly talk about and find that common ground". That can take the form of empathy for a client's goals, which may involve God or involvement in their church community.

Professional counsellors offer tools, skills, and techniques that can help the client move towards the change they want to see.

Counselling can also validate a person's experience: "It's not that you're lazy, it's actually that you're depressed," says Foth. "Our training allows us to see what's going on and to offer not only hope, but recommendations, tools, or skills that help the client overcome [their issues or illnesses]".

"I think the bottom line is having a safe space to be heard and known, and have someone walk with you towards whatever [your] goals may be," says Foth.

The CCC's counselling sessions are an hour long. Book appointments at https://www.christiancounsellingcentre.ca/book-a-session.html. Keith Verburg, the director of CCC, is on campus one day a week as well.

The Shalem Mental Health Network, the Mobile Mental Health Team from St. Joseph's Hospital, and COAST are open to students. The Residence Life team would also love to talk to you themselves, or direct you to an organization that fits your needs.

EDITOR-IN-CHIEF
Helana Mulder

LAYOUT EDITOR
Aaron Lantz

COPY EDITOR
Renessa Visser

DIGITAL EDITOR
Natalie Lantz

SENIOR REPORTER
Grace Rajballie

SENIOR REPORTER
David Rowlandson

JUNIOR REPORTER
Lucas Gerryts

The Mulder Minute

A Letter from the Editor

Last Christmas, my extended family had a divisive conversation about government benefits for refugees. Our family was split almost in half; some agreed with government policies, others felt that they were unfair handouts. Soon, what started as a normal conversation turned into a sort of yelling match between the two sides. Although the conversation had been shut down before it turned into an actual fight, the room was awkwardly quiet and tense for the remainder of the evening.

In my Theories of Communication class, we have been having some hard conversations and discussing the idea of being more self critical. We've focused on topics where people are often biased and emotionally invested due to upbringing and family background. These conversations, while hard to fully understand and take in, have been some of the best moments of this semester.

Hard conversations aren't fun. They can be enriching, insightful, and honest; but they aren't fun. When people think of Christmas family get-togethers, they often brace themselves for uncomfortable conversations: whether it be about the recent election or politics in general, religion, sexuality, or family issues. It's not something that most people look forward to during the joy-filled season.

That being said, sometimes these conversations end up bringing a family closer together, instead of tearing them apart. Obviously, proceed with caution – some things need to be talked about in a different environment. But, next time a family member brings up the election or something about their church, take it as a divine interruption and dig into this conversation with your family.

Speak in love and show respect; people are going to have different opinions than you and that's okay. Remember that opinions often come from upbringing and family background and that if these foundational ideas are shaken, it can be quite an emotional experience. So, don't shy away from them, but take them as an opportunity to dig into tough subjects and learn more about yourself.

CONTACT:
T: 905.648.2131 x4291
Crown Office
c/o Redeemer University College
777 Garner Road East,
Ancaster, ON L9K 1J4

The opinions expressed in the *Crown* are not necessarily those of Redeemer University College's student body, faculty, or administration.

The *Crown* is published by students four times per academic year and is funded by the students of Redeemer University College as well as by advertising, but is dedicated to the broader college community.

Missed Opportunities at Our Small University
A Letter from Student Senate

KENNAN BENJAMINS
PRESIDENT OF THE STUDENT SENATE

Compared to the average university, Redeemer's class sizes are tiny. In 2018, Redeemer had a student to faculty ratio of 12:1. This is an asset that Redeemer advertises and one that students often take advantage of. It is because of this amazing ratio that students have a better opportunity for learning at Redeemer than they would at other schools. Their professors know their names, their personalities, and their learning styles. It is a rarity if a student can make it a full semester without speaking in class. Compared to most universities, Redeemer has a small student body which gives students a great advantage for learning in class.

This is not the only advantage of having a small school, however. Redeemer's size doesn't only have the potential to benefit its students on the academic side, it also offers benefits on its administrative side. Offices like Learning Services and CELC (Centre for Experiential Learning and Careers) have an unprecedented level of relationship and communication with the students. However, while most students take advantage of their small class sizes, and many take advantage of their special opportunities with the administration, I believe we are still missing the true potential we have here at Redeemer. Too often, a student will hold onto their concern or idea since they see no way for it to be addressed. They don't know where to go, or who would listen to them and who would actually help them. Because of that, individual students are missing their chance a voice for their concerns and Redeemer is missing opportunities for growth.

Student Senate is working to meet the potential we have here with such a small student body. We have an office in the main hallway open 9:00am until 4:00pm every weekday. Our Senators are always available to listen to your concerns and ideas, and they are available to help you with them; putting you in contact with the right people and giving advice throughout the process. If you are looking for a job, have a concern about a class, or have an idea for food services, there are people at Redeemer who can help you, and we can help you find them. So please, drop by our office and allow us to help you.

In the meantime, Student Senate is working in other ways to ensure that Redeemer achieves the potential for internal communication that her small student body allows for. Looking to bolster our student website with helpful information on clubs, events and frequently asked questions and looking to gather and advertise all student led events on our bulletin board.

However, if you have any ideas, we would love to hear them. Please by our office anytime between 9:00am and 4:00pm Monday – Friday, email us at senate@redeemer.ca or DM on our Instagram @rucsenate.

Blessings,
Kennan Benjamins
Student Senate President

Interested in writing for us?

Email us at thecrown@redeemer.ca

IN THIS ISSUE

Student Habits
(page 4)

CHRISTMAS!
(page 5)

Humans of Redeemer
(page 6)

JESUS IS KING
(page 7)

Program Preview: Urban and Intercultural Ministry
(page 8)

Tree Planting
(page 9)

Athletics
(page 12)

Redeemer School building: Time Well Spent?

A Brief Study into Student Habits

ZACH CHESTER

One of the values of the Redeemer experience is the small school experience. With this asset, we can notice social and academic trends around the school. Students have seemed to settle in and found their routine and personal spots around campus. In October, an online survey of 128 current Redeemer students was conducted to try and notice some of these trends on how Redeemer students are spending their time at the academic building.

Of the survey participants, The library is the preferred place to study for 48% of participants, followed by The Commons at 14%. Other favorite places to study include: the new learning commons, couches, benches in hallways, the commuter lounge, the cafeteria, and empty classrooms.

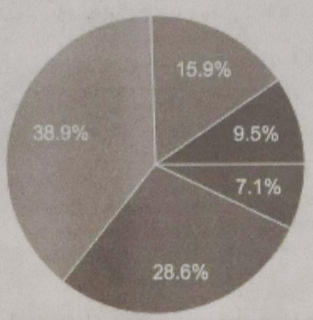
In reaction to the survey results, alumnus and Student Engagement Coordinator Hailey Stulp comments: "The Library is a great place to study but it's good to see variety... different students have different learning styles."

The participants were also asked to identify all the ways they spend their time at the school building outside of class time. At 84%, studying was the number one response, followed closely by catching up with friends at 82%. Meeting for group projects, on-campus employment, going to school events such as concerts, sports games, and meeting with professors also showed results of over 30% of those surveyed. Other activities included: sports and music practice, chapel, hanging out with their significant others, and working out.

Another finding from the survey was the amount of time students spend at the academic building. Roughly 39% of students said that they spend between 16-25 hours a week at the school building. What was surprising is that roughly 29% of students spend less than 15 hours a week at the school and another 7% suggesting they only come for class time.

The final reveal of the survey confirms that Tim Hortons is as popular as the Redeemer community would believe. Only 4% of the participants claimed to never buy anything from Tim Hortons. In contrast, 6 % claimed they bought something from Tims every day they are at school. Larger answers included buying once in a while at 45% and 3-5 times a week at 39 % The final 6% said they only buy from Tim Hortons when they have a night class.

With the roughly 789 students registered at Redeemer this year it will be interesting to see what other norms and trends develop throughout the school year. Hailey Stulp concluded stating "It is reassuring that the results from the survey align with what I have witnessed."



Let's Talk About "Talk"

Creating a Counter-Culture to Gossip

GRACE RAJBALLIE
WITH JOSIAH BOKMA

In today's society, gossip makes headlines. But what about here at Redeemer? Are we overly invested in discovering who is dating who? Or why two people no longer live in the same dorm? Are we just dying to know everything that is going on? What exactly is gossip? Gossip is when we see something negative but instead of dealing with it in an appropriate way, we do so in a subversive manner. About a month ago, in chapel, Josiah Bokma brought to light the issue of gossip here at Redeemer. While this may have been unsettling, it is important that we do not shy away from conversations just because they evoke discomfort. Addressing issues like gossip in our school community is important, for as Christians we are instructed to "love discipline" (Proverbs 12:1).

One of the beautiful things about Redeemer is that it is a small community in which we have the honour of becoming acquainted with the majority of our peers. The intimacy of this creates what some might call "small town vibes", where talking about our peers becomes normalized and accepted. A Redeemer alumni comments on this, stating, "Because Redeemer is a small school, things travel quickly. Everyone is so closely tied to one another, so it's easy for gossip to fester and thrive."

A current Redeemer student elaborates on this, suggesting that while the community at Redeemer is one that we should celebrate, we must also make a conscious effort to avoid gossip,

"At a lot of other schools there are many 'faceless' people. You could go to school with someone for 4 years, and you might never interact, or have a clue as to who they are. You can't really do that at Redeemer, because we are a small community. We need to embrace that. Rather than try to be a big community, we should celebrate the tight knit community. With that, comes responsibility to honour someone regardless if they are present or not."

I'll be the first to admit that avoiding gossip can be difficult. I've always been someone who loves conservation and the way it allows us to grow in fellowship with one another. At the same time, I struggle with discerning when to speak and when to remain silent. Let's face it, gossip can seem rewarding as it creates a sense of being "in the know" and can conjure feelings of acceptance and confidence. Oftentimes, we associate being immersed in gossip with artificial pleasure or power and it feels good to know something about someone that is otherwise a 'secret'. Possessing knowledge and becoming 'all-knowing' is something that has been desirable to humanity, tracing back to Adam and Eve.

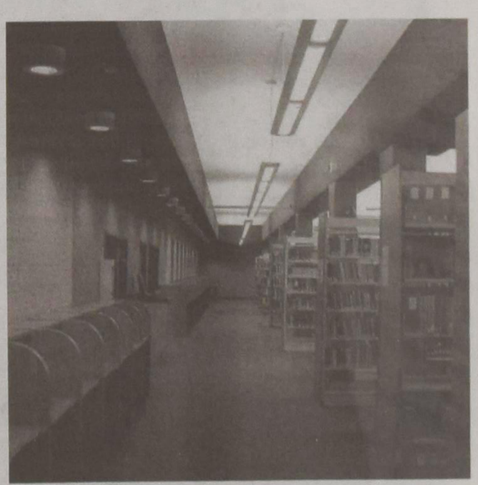
The trouble with gossip is that it is not usually meant to be malicious or hurtful, and can arise almost accidentally. How many times have we walked away from a conversation thinking, "wow I have such a big mouth" or "oh no, I probably shouldn't have said that."

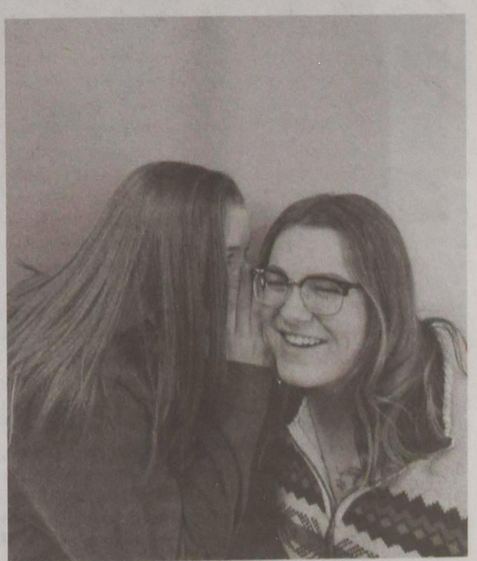
I think one of the most common ways gossip begins is from a desire to confide in someone. Often, when we experience conflict with someone, we go to another trusted friend or mentor to gain some wisdom and guidance on how to solve the issue. However, it is important that we draw the line between confiding in someone with the aim of restoring a relationship and simply bashing or shaming another individual.

When thinking about ways to avoid gossip, I really struggled knowing how to provide solutions and advice without sounding hypocritical or judgemental. This is where our Chaplain, Josiah Bokma stepped in. Upon speaking with him I think I have a really good understanding of how we can learn to root out gossip culture. Josiah says it all begins with reorienting our view of community and support. We need to create a community of encouragement that strives to participate in conversations that work towards the betterment of our character and soul.

I really like how Josiah put it when he said, "We're called to speak the truth in love but sometimes in love we're called to not speak the truth (that isn't ours to share)." Our loving should always lead to speaking truth and speaking truthfully, but our loves also lead us to saying "this is not for us to talk about, or gossip about." It's like the popular saying, "some things are better left unsaid." This is not a virtue that we will instantly develop. Like most things, it will take continual practise and prayer. However, it is important that as we mature in our faith we learn to discern what or what not to share and how!

Essentially, gossip is a secondary issue in regards to the bigger problem: how do we create a community that pushes each other onwards in the pursuit of God? If our hearts were set on encouraging one another, than we would be slower to share stories that will discourage or dishonour others. As a community and as individuals, we need to practise speaking words of truth that are uplifting and constructive, something that is hard to do if we are constantly fixated on the flaws of others. Of course, there are times when we need to hold one another accountable and challenge others to mirror Christ but this can always be done in love. Sometimes the most hurtful gossip stems from trivial topics like the clothing someone wears or who they were seen talking alone with. We need to shift our attention. Let's be on the lookout for the good so that we can celebrate God's work in each other!





The 5 Days of Christmas Gifts

Gift Ideas on a Budget

HELANA MULDER
EDITOR-IN-CHIEF

"It's the most stressful time of the year" is how I believe the song should really go. Exams, family get-togethers, bad weather, Christmas shopping, and, to make matters worse, it gets dark at, like, noon nowadays. Yes, Christmas season is great, but it's also a lot all at once and, as a student, it can be hard to get through this time without wanting to lock yourself in your basement and wait for the day that it's all over.

In order to help you all out with one aspect of this stressful time – the Christmas shopping aspect, to be exact – I've wracked my brain (and some friends' brains) for 12 great present ideas for students on a budget.

1.) **Red Bubble Stickers:** Go on to RedBubble's website and search for anything your heart desires and I'm sure you will find something that appeals to your Secret Santa's interests. Not only are their stickers under $5, if you order 4, you get 25% off; and if you order 10 stickers, you get 50% off. Just don't browse when you are trying to procrastinate because you will be sucked down a dark hole that will leave you wondering how you ended up buying $400 worth of cat stickers (not speaking from experience, though).

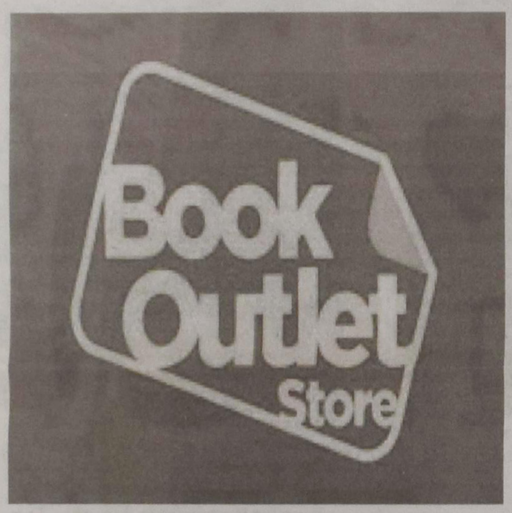
2.) **Care Packages:** Last Christmas I got my movie-loving brother a variety of presents that had to do with the ideal movie night scene. I bought a DVD, some popcorn, hot chocolate, cozy socks, and some other snacks. The whole thing cost me under $50. Find something your Secret Santa likes, and make a basket out of it – I'm sure they'll love it and you will love saving money.

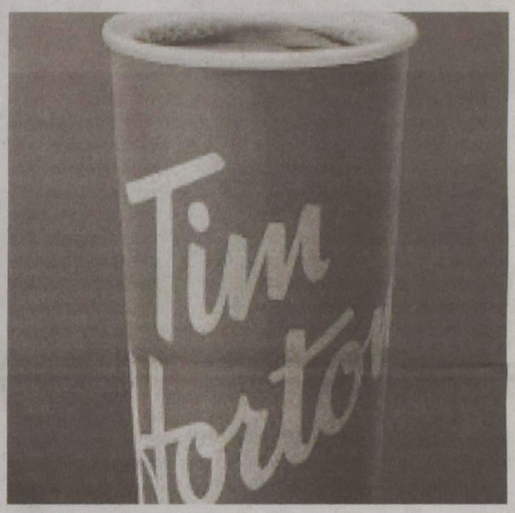
3.) **Books from BookOutlet.ca:** While I am a bit biased because I worked there for 4 years, Book Outlet is the best place to find some fun books. The average book is under $10 and you can order online or pick up in store at their store in St. Catharines.

4.) **Baked Goods:** If you consider yourself a sort of Martha Stewart or Gordon Ramsay in the kitchen (or even just know how to read a basic recipe), consider baking some festive cookies or squares. Students are always hungry (my stomach legitimately growled while writing this) so I'm sure they will appreciate some free food in their pantry.

5.) **A Tim's Card (or any coffee place):** This might be particularly enjoyed by the select Redeemer students who have already spent all of their dining dollars for the semester (*cough* ANNA *cough*) but having the extra coffee or donut money is always appreciated during a stressful season.

While it can be hard to find the perfect gift on a strict budget, remember that there is more to the Christmas season than just gift-giving. I'm sure whatever you choose to buy your Secret Santa will be appreciated no matter how much it cost you.





A Classic Christmas Cookie Recipe

A Gift on a Budget

Ingredients

1 cup unsalted butter softened
1 cup granulated sugar
1 large egg
1 tbsp vanilla extract
3 cups all-purpose flour
1½ tsp baking powder
½ tsp salt

Instructions

In a large bowl or stand mixer fitted with a paddle attachment, cream together butter and sugar on high until light and fluffy.
Add egg and vanilla and beat until well combined.
In a separate bowl, sift together flour, baking powder, and salt.
Slowly add the flour mixture to the butter mixture, lightly mixing between each addition until flour in completely incorporated.
Roll into a ball, wrap in cling wrap and chill for 2 hours.
Preheat oven to 375 F.
Roll dough out to ¼ inch thickness on a lightly floured board.
Flour or spray cutter with cooking spray.
Place cookies on a parchment-lined baking sheet and bake for 8-10 minutes.
Let cool completely before icing.

From: https://www.sugarandsoul.co/classic-sugar-cookie-recipe/

Humans of Redeemer

GRACE RAJBALLIE
SENIOR REPORTER

In 2010, a man by the name of Brandon Stanton began a photographic project in New York City that would grow to become a #1 New York Times bestseller and photo blog boasting over 15 million followers worldwide. Initially, Stanton set out to create what he calls "an exhaustive catalogue of New York City's inhabitants," comprised of 10,000 photos plotted across a city map.

The concept took on a different form, however, as he began collecting pieces of conversation had with those he photographed. Photo captions would soon become as vital as the shots themselves, and, together, make for a captivating stream of stories, he entitled, 'Humans of New York.'

Highlighting 6-8 Redeemer Students and Faculty each month, the Crown seeks to mimic Stanton's idea on campus by asking a thoughtful or fun question, followed by taking a candid photo of the student, staff or faculty member included in each issue. We know that stories are powerful, so the goal here is to further uncover our own.

Scripture tells us to rejoice with those who rejoice, mourn with those who mourn, share the word of our testimony, and give glory to God in every season. This column is simply another means to do so and remind ourselves that our King, Jesus, is the ultimate author and finisher of our faith.

What is the best Christmas gift you ever gave someone?

"Toilet paper for Charmin' Isaac Stell."

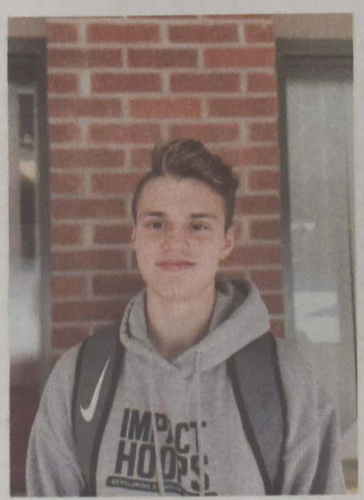
"My little sister is interested in fashion and likes to model. She didn't ask for this gift but I saw this pair of boots at Call it Spring. They were knee high leather boots that had gold trimming around the heel. Although they were really expensive, I got them anyway and when she opened them on Christmas Day, she started crying and saying, "thank you, thank you, thank you!"

"The best gift I ever gave someone was a scrapbook of memories for my best friend in highschool."

"One year when I was living away from home in Colorado, I told my Mom I was going on a road trip to California with my friends. I sent her videos of me preparing for the trip when in reality, I was actually coming home. When I walked into the house and surprised my Mum, she started crying and it was amazing to have the whole family together."

"The best gift I've ever given has been a stuffed gorilla for my dog, Copper. He loves playing with stuffed animals, especially his gorilla, but he has since destroyed it."

"I gave my sister and brother-in-law a framed canvas print photo of them on their wedding."



"One time it snowed in B.C. which isn't very common, so I shovelled my neighbour's driveway for them and they were super grateful for that."

"Last Christmas, I gave my Mom a pair of gold earrings and a card thanking her for being such an amazing Mom."

JESUS IS KING

How should we approach Kanye West's new album?

LUCAS GERRYTS
JUNIOR REPORTER

In late October, the renowned rap artist Kanye West released another studio album. This is his ninth album to date, and features 11 tracks with a total runtime of 27 minutes. However, the difference is that this is a gospel album, with the title: "Jesus is King." While everyone may not have an extended knowledge on Kanye's past, his reputation is established. He is controversial. Kanye coming out as a Christian is somehow both surprising, yet not surprising at all. Understanding that Kanye's past is somewhat unconventional, how should we as Christians approach him and his new album?

I had the opportunity to sit down with Dr. Naaman Wood, professor of Media and Communication studies, to discuss this album and how we might approach it.

Given the observation that Kanye is controversial, Wood gave me some context surrounding his controversial nature. First mentioned was the statement made by West during Hurricane Katrina: "George Bush doesn't care about black people." Many African Americans found themselves in dire circumstances during the extent of the hurricane, and the death toll was tragic. Many felt as though the U.S. Government was not helping to the extent in which they should have. Thus, Kanye thought it proper to display his displeasure on television. He spoke for many African Americans that day, and in doing so gained the support of a nation. This helps one understand why he is respected by so many. He spoke, and speaks, what others dare not to.

Other controversial examples would include his interruption of Taylor Swift's VMA Awards acceptance speech in 2009, leaving Nike for Adidas and creating the Yeezy, or the debut of his music video: "Famous." Arguably the most interesting of these is his meeting with President Donald Trump, where he publicly shared his favour for Trump. Some may see this as ironic given how he treated Bush.

With this synopsis of Kanye's controversial nature, what are we to do now? Concerning who Kanye is, Wood said: "The way I want to try and think about it is to not ask the question: "Who is Kanye?" Because in a way that is a question you can never really answer. The question I would then ask is: why am I attracted to this record and can I use it to critique something about my own life or the way I've been informed?" With that being said, how do we take to criticising ourselves through the listening of the album?

You may want to treat the album like a tool to critique yourself. It is possible you will hear something, a lyric perhaps, and feel a certain way, provoking the question: "Why do I feel this way?" and then take steps towards understanding why. And after determining why, evaluate whether it is best to either embrace the feeling or take steps towards changing your attitude or perception of said things. With all this said, one might still ask: Should I listen to this album? Wood said: "Of course you should listen to it. Often times I encourage my students to read the Bible against themselves. When you read the Bible, ask, 'Is this critiquing me in some way?' or 'Is this critiquing my community in some way?' Can I let God do that through the words of the text? I think the wonderful thing about art in general is that you can kind of do the same thing with art, asking yourself: 'Is this an opportunity to be sanctified of something that I should be sanctified of?'"

If you have not already taken some time to listen to "Jesus is King," I highly recommend you do so! Kanye is an interesting character. And whether or not he is truly saved, he gives us art. Art that we can take and use to benefit ourselves, whether that be through enjoyment or the album acting as an avenue to positive self-criticism.

INSTAWORTHY

Photos from the Redeemer Community

@abishekvarghese

@aidan.plato

@joshuasloots

Learning to Live out the Great Commission

Program Preview: Urban and Intercultural Ministry

GRACE RAJBALLIE
SENIOR REPORTER

At Redeemer, the goal of degree programs is to equip students with "a broad, cross-functional set of knowledge and skills, challenging you to develop a kingdom-vision, wherever you are called" (Redeemer website). For a handful of students, this calling takes the form of ministry, specifically Urban and Intercultural Ministry.

The Urban and Intercultural Ministry program was created by assistant professor of ministry, Dr. Ken Herfst. Upon joining the Redeemer faculty in 2015, Dr. Herfst began to design a program that filled the needs for ministry both locally and globally. In order to ensure the success of the program, Dr. Herfst visited Redeemer alumni, various ministry organizations, and NGOs. In conversation with various individuals, Dr. Herfst uncovered what the ideal profile of a Redeemer graduate working in ministry looked like, as well as what alumni wished they had learned during their time at Redeemer. From his endeavours, Dr. Herfst crafted the Urban and Intercultural Ministry program. It aims to provide graduates with the tools and skills sets needed for work in ministry, as well as a deep understanding of the theology behind these tools.

The program offers an opportunity for students to test their calling in two eight month long co-op experiences. For Dr. Herfst, one of the main aspects of the co-op is understanding the importance of the Trinity and how that functions in our vocation. He comments, "the Trinity is more than a theological concept, it shapes everything that we are and do."

The first co-op is held in Canada, but Dr. Herfst encourages his students to do their second co-op overseas, noting that, "it gives you the opportunity to learn a language; the experience is so helpful - you go as a learner rather than a fixer. It gives you a window into different worldviews and different cultures." While doing the second co-op overseas is ideal, Dr. Herfst recognizes that this is not feasible for everyone. His primary hope is that each student's second co-op would be one that situates them in a culture unfamiliar to themselves, which can happen overseas or in your own backyard.

The co-op feature is something that students are very excited about. When asked what her favourite thing about the program is, third year student Rachel McMillan responds, "the co-op program. It allows you to apply what you are learning in class in a real work environment!"

The first co-ops of the year will begin in January. One of the participants will be third year student Mayita Kikab. Beginning in the new year, Mayita will begin working part time at Wesley Urban Ministries, a non-profit organization that helps communities who are experiencing poverty, homelessness, and other barriers in their community. Mayita elaborates on her future position with Wesley stating, "I will be working under the title of 'Case worker manager,' and this will include me helping with the homelessness situation in Brantford. It requires interacting with clients as well as adapting to an office environment".

The Urban and Intercultural Ministry program at Redeemer is the first degree program of its kind, not only at Redeemer, but in Canada. When asked about the uniqueness of the program Dr. Herfst remarks, "When the program was first launched in March of 2018, Dr. Glenn Smith, a missiologist from Montreal, commented on the program stating that. as far as he knew, it was the only undergraduate degree program in Canada that focuses on urban and intercultural ministry."

2019 was a memorable year as the Urban and Intercultural Ministry program produced its first graduating class. Among the 2019 graduates is Adrian Faber, who is currently serving with Resonate Global Mission's Cohort Program, learning about missions and ministry in Central America. In his year long placement, he will be working with Trauma Healing and Church Strengthening at the Nehemiah Centre in Nicaragua. Reflecting on his time in the program, Adrian shares, "The program has helped shape my understanding of my place in the world and has given me tools for understanding mission in numerous contexts. I learned through the various areas of the classroom, project-based learning, and personal spiritual formation to frame some ways to understand missions and ministry in each of our contexts. Through the program, I learned about my calling, gained a passion for working in urban ministry contexts, and was given space to integrate the program with each area of my life, both inside and outside the classroom."

Of the required courses that students majoring in Urban and Intercultural Ministry will partake in is Religion 201—Theological Interpretation of the Bible, taught by Associate Professor of Religion & Theology, Dr. Beldman. When asked to describe the importance of the course, Dr. Beldman responds, "It is a cornerstone for any course students go into, but especially for those going into Urban and Intercultural ministry so that they can know the Scriptures and apply them." Second year student Chloe Stell comments on the course, "Through Theological Interpretation of the Bible, I learned the depth of layers to be discovered within God's Word. I saw His character, His intentional compassion, provision and protection on a whole new level. Now, I better understand why an exegetical reading of Scripture is necessary to capture all that was and is happening in this divine story and how He invites us into that."

One of the beautiful things about this program is that it allows students to explore their desire to serve God in a way that incorporates their individual passions. Dr. Herfst expresses his vision for the program, saying, "I hope we give students tools rather than straight jackets or labels. Most of my courses have a practical component as well so students are free to pursue a particular area of their own interest!"

My Tree Planting Experience

A Student's Perspective on a Two Month Journey

BRANDON DIELEMAN

It was a brisk zero degrees at six a.m. I rolled out of my sleeping bag, into my clothes and out of my tent to start my first day of tree planting. I headed towards the dining tent for my breakfast, which quickly cooled before I began eating it. We filed onto the makeshift school bus, used for transportation to the plot of land where we planted trees that week. By the time we arrived, it had already began blowing rain from the thick, daunting clouds above our heads. At this point, any preconception I formed on how the tree planting life worked had faded under that pale sky. As the rain fell down for hours upon hours, soaking me and my crew to the bone, I came to the rude awakening that tree planting would change me. It would be a hard two months. The pressure of labour on the frontier of Canada would warp me into something new.

When I first looked out onto my piece for the day, I was dumbfounded. It looked as if there had been some sort of explosion. Felled trees tattered the planting grounds. Massive scars worked their way through the earth, exposing soil, untouched for thousands of years. Growth of small shrubbery and moss obscured my view as I pushed through the rough terrain, searching desperately for somewhere to plant my trees. This was supposed to be easy, I was supposed to be able to plant three thousand trees in a day. As I stood shivering in the bush, isolated from all civilized society, I was confronted with the fact that I was alone. There was no family, no coach, no friends to motivate me. My motivation was going to have to come from somewhere deep inside. I needed to activate something dormant in my psyche. The rain only stopped for minutes at a time during those ten hours of my first day. But as the day finally ended, I was reunited with my crew. As we all sat on that bus on the way back to camp, we reminisced about what happened to us in that day. It was beyond expression. All of us were unprepared for such a confrontation with the wild heart of nature. We had grown soft in our concrete jungles. But still, we were all happy on that ride home. The comradery that is forged between humans when they share a day like that is unprecedented. You may think that building relationships is predicated on common experiences of euphoria and joy, but tree planting has taught me that true connection can be forged through the turbulence of a hard day of work. We were all proud of each other. We had all pushed ourselves to the limit and came out on the other side.

The learning curve for tree planting is extremely steep. When you first begin, it's even a struggle to see the location of the trees you planted, never mind finding the spots where you need to be planting them. This led to the first day being difficult, not only because of the cold, rain and wind but also because of the frustrating fact that you were planting one tree every forty seconds. This results in you barely making minimum wage in your first couple of weeks. But luckily, if you can catch on, you begin planting trees at a very fast rate, improving every day until you can plant one tree every couple of seconds. The trees are saddled at your sides in planting bags that can fit up to six hundred trees at a time. But only the most experienced and skilled planters manage to plant fast enough to rationalize filling their bags this much.

The weather isn't always bad, and on some days it is clear and beautiful. You get treated to some of the best sights that Ontario has to offer. In the mornings, one sees the sun rise over the lake beside the camp, and at night you see a sky so clear and full of stars that it leaves you in awe. Some nights, you can even see the Northern lights glittering in the distance. There is an overwhelming discovery of the natural self when you are out there long enough. This is magnified by the lack of cellphone reception for the entire week (save a few hours on the weekend, when you venture back to society: a town of four hundred people). The nature surrounding you is always thick, for you are in the middle of one of the largest forests in the world.

Overall, tree planting is a great experience for self-improvement that I would recommend to anyone at Redeemer. It's rewarding to work hard, help the environment, and make a lot of money (if you're able to plant quickly). You meet great people and make solid friendships, aided by the lack of social media. You also gain a great perspective on nature and God as you venture out into the daunting frontier of Northern Ontario.

I Bought 10 Dollar Knock Off Airpods. This is my story.

A Tale of Love, Pride, Materialism, Heartbreak, and Triumph

HELANA MULDER
EDITOR-IN-CHIEF

It was a warm and windy afternoon on September 10, 2019. The breeze of curiosity blew through me as I sat in the library and glanced at an ad for wireless earphones. Airpods are cool. You can't deny it. However, because I go to Redeemer (and even though the tuition was reduced), I am a broke, lonely woman.

I should probably mention that this ad was from Wish. Yes. THAT Wish. The ad said that these earphones were $4.75 and used to be $220. Now, I may look like an idiot, but I'm not one, I swear. I knew that these headphones weren't actually that expensive. They were going to be some cheap second-place ear accessory that could never compare to the real deal. But I was curious. I wanted to be cool.

So I started a poll. I asked roughly 20 people whether or not I should spend (*cough* waste *cough*) 10 dollars on these knock off pieces of crap. Almost everyone said yes. Nat Lantz (pronounced "Lontz" apparently) pushed me to buy this idiotic device. The airpods themselves were $4.75 and the shipping was $6. Yes, I paid more for shipping than for the actual item. I know. I am probably the smartest person that ever lived. I clicked "Place Order" and awaited my airpods.

How did I rationalize this purchase, you ask? Well, I was selling a textbook for $10 the next day. So technically, all I needed was $0.75 to break even. I think that's what I was taught in BUS 121 or at least something along those lines.

I waited impatiently week after week, just longing for the day that I would check my mailbox and see that beautiful lavender or gold square piece of paper that had the magical words "You have a package" waiting for me. People I didn't even know asked me when I was going to receive this rite of passage that would unlock a level of popularity that I never thought I could attain.

It was already starting. I was going to be cool.

But my cool temperature did not last very long. A month later I was refunded the $10.75 for my purchase. (The order was shipped on September 18 and I was refunded on October 24). I was completely devastated; it was as if the world was telling me I would never reach the status of the elite. I was, alas, a young, dumb, and broke college kid. Cool kids with real Airpods scoffed at me and taunted me relentlessly in the hallways

I had my week of mourning. People who walked passed the Crown room would often hear a strange wailing coming from down the hallway. I was the Redeemer equivalent of Moaning Myrtle from Harry Potter. That weird whining noise you hear in your classes? That's me.

I wiped away my tears and shoved my regular cabled-earphones into my ears and continued about my life.

Then suddenly one day, the beautiful Anna Banana Bailey sent me the best Snapchat I have ever received. I had received a package in the mail. I legitimately left my Marketing class to go and get this package (my apologies to Dr. Asatryan).

I go to the front desk and ask for my package. As soon as I see it, I know that these are my airpods. I savagely rip open the package and I swear I heard the trumpets of victory playing. It was the best day of my entire life. I got my air pods... FOR FREE.

So, to answer your questions:

Yes, they work.

Yes, they are massive (almost too big to fit in my ears)

No, you will never see me wearing them at school (sorry to all my fans)

No, my celebrity status did not go up a level; but yes, I do feel cooler.

So, now I have a pair of perfect air pods. I don't even need Christmas. Dreams really do come true. Thank you for following along with me on this crazy journey of love, pride, materialism, heartbreak, and triumph.

The Holiday Job-search

Career and Calling: Co-ops and Internships through CELC

DAVID ROWLANDSON
SENIOR REPORTER

December is the time to send out resumes, apply for city work, and secure a summer job. This article is an early Christmas gift; an in-depth look at the Centre for Experiential Learning and Careers (CELC) and what it offers for students who are exploring their career options.

CELC launched in 2017 to help students connect calling and career through on-campus workshops, career resources, and Experiential Learning opportunities.

Two foundational opportunities CELC offers are co-ops and internships – fancy words for great learning opportunities and real-world work experience. Though often used interchangeably, they are very different, says Mary Ann Benjamins, CELC's Administrative Assistant.

Co-operative education (co-op) work terms consist of sixteen months of paid work experience in a real work setting. Finding a work setting involves a combination of student initiative, contacting organizations of interest, and academic requirements such as GPA. Bruce Wilson, Co-op Director, works with students to find and supervise a suitable work placement.

What do co-op's have to offer? Co-op work terms are an effective way for students to make the transition from learning to earning; from classroom studies to career opportunities. Benjamins says that nearly all students with work terms are hired within 1 to 2 months of graduating, making co-ops a valuable way to transition into the workforce while ensuring good learning along the way. Co-ops are done separate from regular studies, and add a year to a student's program.

Aydan Schat is currently completing a co-op with BLR LLP in Waterdown. Schat is a Fourth Year Honours Business Accounting student at Redeemer.

"I [prepare] financial statements and tax returns, as well as bookkeeping," he says. "At the beginning of my co-op, I was encouraged to see my boss' excitement in helping me learn and assisting me in deciding if this was what I wanted to do. I'm now more interested in this type of work than I thought I'd be". According to Benjamins, "Co-ops are definitely a great way to explore your area of interest."

Internships, though related, offer their own advantages. Sandy Ma is CELC's Internship Coordinator and speaks to the specific strengths of internships.

Internships have the immediate benefit of counting as a course credit. They are done concurrently, so a student can take an internship alongside their regular classes. Internships can be arranged to be completed during the summer, lightening course loads for the school year ahead and including potential benefits like travel or working near home. 120 supervised work hours are required, but Ma adds that many students choose to do more. These hours, like co-ops, include specific learning objectives that ensure good work and good learning go hand-in-hand.

Breanne Vande Ven, a Fourth Year in English and Disability Studies, worked as an intake assistant in St. Leonard's Mental Health and Addictions Department. The internship involved "helping with bookings, a needle exchange program, and assisting in facilitating therapy groups," says Vande Ven. She completed the internship, and has already been offered a job with St. Leonard's following placement. "That means that before I officially graduate from Redeemer, I have a job in my preferred field".

Ma says that when a student comes to her for help, she can offer at least three internships for them to explore. Internships have their own set of academic requirements as well, and since they are also a course credit, they are approved and supervised by a faculty member rather than CELC's Director.

Internships may not boast the 16-month duration of co-ops, but their shorter work period makes them versatile. Students might explore multiple internships and experience several work environments without the heavier extra year that co-ops require. Internships can be paid or unpaid depending on the organization. Their real strength is in the work experience, course credit, and what they add to a resume.

Early career exploration is important. Benjamins remembers at university that her perspective on what was "out there" was limited to things like "a teacher, a doctor, you know what I mean?" And she says, "I don't think things have changed that much. Students still don't know the variety of opportunities that are available to them".

Specific jobs and work environments can be explored through co-ops, internships, semesters abroad, service learning, and practica. To begin the conversation on career, book an appointment with CELC's Career Advisor, Matthew Bean, another great resource for career exploration.

"I find a lot of Redeemer students are really interested in serving the Lord in their career," says Benjamins. "We really want to help students find out who they are and where God wants them to be".

The CELC team connects with students to help them during that deep searching. "I think God wants us to do something with our gifts," Benjamins says, but many students have not thought that far ahead. "A little pre-planning can go a long, long way".

The CELC team is passionate about the connection that serving God and serving in a job can share.

"I believe that one of CELC's mandates is to assist students in finding their calling and career," says Ma. "And both of them are connected".

Consider visiting the CELC team! Their office along the hall leading to Campus Services – easy to see with its large CELC banner.

"This centre is very welcoming" says Ma, "So any student can drop by at any time". Both drop-ins and scheduled visits are accommodated. More than anything, the CELC team is a resource. Similar to a library, students can stop by CELC to access the depth of experience and resources that its team has access to. "Let us do the running," says Ma.

A Christmas visit to CELC could help land a job for your upcoming summer! The CELC team is happy to help and take some of the stress out of the holiday job search. After all, 'tis the season to be proactive, but also to rest – I hope you find both in this busy final-exam season.

CHRISTMAS COLOURING CONTEST:

WIN A $10 TIM CARD!! JUST FOLLOW THESE STEPS:
Colour this picture however you want!
Send a photo to @crown_ruc on Instagram!
Chosen entries will be shared on The Crown's Instagram and voted on by our followers!
The entry with the most votes will receive a $10 Tim's Card!

Guess the Christmas Carol

-Decorate the entryways

-Exuberation to this orb

-Oh small Israel urban centre

-Leave and do an elevated broadcast

-Assemble everyone who believes

-Senior flattened by a cloven aviator

-Far off in a haybin

-Do you perceive the same vibrations which stimulate my auditory sense organ?

-May God bestow an absence of fatigue to mild male humans

-A B C D E F G H I J K M N O P Q R S T U V W X Y Z

Helana's Holiday Ho-Ho-Ho's

HELANA MULDER
EDITOR-IN-CHIEF

What do snowmen eat for breakfast?
Ice-crispies

How does Santa feel when he gets stuck in a chimney?
Claus-trophobic

What is a librarian's favourite Christmas song?
Silent Night

What is it called when a snowman has a temper tantrum?
A meltdown

What do you get when you cross Santa and a duck?
A Christmas Quacker

What did one snowman say to the other snowman?
Do you smell carrots?

ATHLETICS

DAVID ROWLANDSON
SENIOR REPORTER

Since 2011, the Redeemer Athletics Department has chosen one male and one female athlete per month that has shown exceptional skill, a sportsmanlike attitude, and all around earned a place in the spotlight. This month, three athletes were chosen. We had the opportunity to sit down with this month's athletes and ask a few questions to allow you to get to know your Redeemer Royals in a different light.

Jessica Angelini
Women's Basketball
First Year
Physical Education

What does it mean to you to be a Redeemer Royal?
Being a Redeemer Royal means family to me. I feel like I am a part of something larger than myself in a very close community.

How and when did you start playing your sport?
I was 5 years old when I started basketball. I always went to go watch my older cousins play. I loved watching so much I decided to try it.

What hobby or career would you get into if money weren't an issue?
If money was not an issue, I would choose to travel the world and visit as many places as I can.

What are you most looking forward to about this Christmas?
I am looking forward to being home with my family and getting to see all of my friends that are away at school.

Funniest Christmas memory?
My older cousin was trying to get something out of the back of a car before all of the food was out. He didn't notice and he put his knee right into the lasagna.

What does it mean to you to "give back" during Christmas-time?
Every year at my Mom's work we sponsor a less fortunate family. We shop for the children's gifts and deliver them in time for Christmas. Giving back means bringing joy to someone else no matter the situation.

Brayden Stoffers
Men's Volleyball
Second Year
Business

How and when did you start playing your sport?
I started playing volleyball when I was around 8 or 9 years old, I liked the sport because my dad played it in college.

What hobby or career would you get into if money weren't an issue?
Uber Driver.

Funniest Christmas memory?
One Christmas my Aunt had my name for secret santa and she just got me 4 pylons.

What does it mean to you to "give back" during Christmas-time?
To me giving back means when you get a crappy present you rewrap it and give it back to someone you don't like.

What has been the highlight of your athletic career at Redeemer?
Probably dating #2 on the women's volleyball team.

If you could play any other sport professionally what would it be?
Baseball. The pants would look great on me.

Foster Brown
Men's Basketball
Fourth Year
Psychology

What does it mean to you to be a Redeemer Royal?
Being a Redeemer Royal means a lot to me. I think in my third, and now fourth year, I've really come to appreciate the greater picture of what being an athlete for this school means - playing to represent the Christian community is an easy answer, but at the same time it's as simple as that.

How and when did you start playing your sport?
I started playing basketball when I probably 5 or 6 in house-league.

What hobby or career would you get into if money weren't an issue?
Collecting sneakers without a doubt. I love shoes, but my bank account doesn't.

What are you most looking forward to about this Christmas?
Spending quality time with family and friends and not having to worry about school.

Funniest Christmas memory?
My brother and I loved playing with toy guns - so my dad had got us the best toy guns I've ever seen. My mom, however, didn't like it and said if we aimed at each other she'd throw them out. Of course, 30 minutes or so later when we had finished opening the rest of the gifts, we picked up the toy guns and started playing. About 10 minutes later she threw the guns out cause she saw us pointing them at each other. Fun while it lasted.

Abby Sluys
Third Year
Women's Volleyball
Honours Psychology

What food do you look forward to the most during the holiday season?
My mom's Christmas cookies - she has the best. Ask anyone.

What TV show are you going to binge watch during the break?
Honestly it will most likely be Lost for the 100th time.

How do you balance athletics and academics?
I'm stretching schooling out for 5 years.

What is your favourite Christmas song to sing in the shower?
"Baby It's Cold Outside" because of the scene from Elf.

Spencer Kerssies
Fourth Year
Men's Basketball
Business Management

What has been the highlight of your athletic career so far at Redeemer?
Tough to choose between being on the first Redeemer basketball team to make provincials or being named 1st-team all star last year.

What TV show do you think you will binge this Christmas break?
Not sure yet but definitely something from Disney+.

What is your favourite Christmas song to belt in the shower? Why?
"I want a Hippopotamus for Christmas". Just a catchy tune to sing to and it's funny.

Is Die Hard a Christmas movie? Elaborate.
Absolutely. If it takes place over Christmas it is definitely a Christmas movie.